



Nutrition Information Per Serving:

Calories: 458
Protein: 17 g
Carbohydrates: 65 g
Fat: 14 g
Fiber: 4 g

PREP TIME 10 mins	COOK TIME 10 mins	TOTAL TIME 20 mins	RECIPE MAKES 6 serving
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This extra creamy pasta salad swaps mayonnaise with protein-packed Lowfat plain Muuna cottage cheese to keep you fuller, longer. Serve this as a side or add grilled chicken to turn this flavorful salad into a main dish.

INGREDIENTS

Salad:

- 1 lb. Uncooked penne/rotini/fusilli pasta (*gluten-free pasta will also work*)
- 2 cups Cucumbers, cut into quarter-inch rounds
- 1 cup Cherry tomatoes, halved
- 2 Tbsp. Kalamata olives, chopped
- ½ Large red onion, thinly sliced

Dressing:

- 10 oz. Lowfat plain Muuna cottage cheese
- ¼ cup Freshly squeezed lemon juice
- 1 ½ tsp. Garlic, minced
- 5 Tbsp. Extra virgin olive oil
- 1 Tbsp. Honey
- ½ tsp. Dried oregano
- ½ tsp. Salt
- Zest from 1 lemon

INSTRUCTIONS

- 1) Prepare pasta according to package instructions. Set aside to cool.
- 2) In a food processor, combine dressing ingredients. Pulse until smooth.
- 3) Once pasta is cooled combine salad ingredients (except for parsley) in a bowl and mix.
- 4) Pour dressing over the mixture and stir to coat.
- 5) Garnish with fresh parsley and serve.